



# *City of New Carrollton Earth Year 2020*

## *12 Acts of Green*

### *For October 2020*



### **Small Acts Pack a Big IMPACT**

As we continue to improve our knowledge of living a greener lifestyle and slow down the effects of global warming, we must continue to stand in solidarity to save our beloved planet Earth. Luckily, we can adapt our homes and lifestyle to align with the changing seasons. We need to make conscious and informed decisions to enact small actions to make a large contribution to reduce greenhouse gas emissions.

Below you will find helpful tips to enhance your home and minimize any negative effects:

- We can begin weather stripping our homes to eliminate any drafts to keep the heat at a lower temperature. Keeping your thermometer low will save on the heating bill and reduce the harmful gases.
- Always try to use natural light when possible to save on electricity. With the days getting shorter and nights getting longer, using energy-saving light bulbs are best. Remember to turn off the lights when you exit a room.
- Washing your clothes in warm or cold water makes a big impact on reducing the energy used. When possible, consider line-drying for a larger impact.
- Plan your meals well to eliminate food waste. In the US alone, 40 percent of food gets tossed every year or \$162 billion in waste annually, according to Natural Resources Defense Council.
- Consider adopting a vegan diet and compost the waste to fertilize your garden or your pot garden. Celebrate "World Vegan Day" **on November 1, 2020.**
- Re-evaluate how you can recycle more efficiently. Do you have a system to recycle plastic, glass, cardboard, and paper/paper goods? Celebrate "America Recycles Day" **on Sunday, November 15, 2020.**
- Using reusable bags saves our planet. Keep bags readily available for all your errands.
- Buy eco-friendly paper products. Each day, 27,000 trees are cut down just to make toilet paper. By making the switch to recycled paper products, certified for environmental impact, you are helping fight deforestation and reducing CO2 emissions. When you need to use paper, make sure it's 100% post-consumer recycled paper, including paper towels and toilet paper.
- Print less. If you have to print documents, set your printer to default to double-sided printing.
- Recycle used printer, fax, and copier cartridges. Stores like Staples and Office Depot offer rewards for used cartridges.
- Use reusable utensils, trays, and dishes. Did you know plastic utensils cannot be recycled? They are all simply sent to the landfill, which is why it's great to purchase reusables. Convince your school district or office building to choose reusable utensils, trays, and dishes in the cafeteria.
- Run your dishwasher only when it is full. This will save both water, energy, and effort at home. When doing dishes by hand try not to let the water run.

By committing to adopt these 12 acts in our daily lives, we can continue making a greater contribution to reducing the effects of greenhouse gas emissions.